



# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston



**FREE**

**2008  
Volume 32  
Issue 5**



# Table of Contents:

## Page Number

3	Mayor's Spotlight
4	Editor's Note
6	Senior Samaritan
8	The Crafters
10	Healthy, Wealthy & Wyse
12	Elder Friendly Businesses
14	Free Summer Events
16	Senior Games Medals
24	Eat Healthy Recipe
26	Tips for Seniors
28	Spanish Immersion
36	Baseball's Traveling Roadshow



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## Boston Seniority

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# Mayor's Spotlight



## MAYOR MENINO SIGNS AARP'S DIVIDED WE FAIL PLEDGE

Mayor Thomas M. Menino signed the American Association of Retired Persons' (AARP) Divided We Fail Pledge while meeting with incoming AARP President Jennie Chin. During the meeting, Mayor Menino and President Chin discussed ways that the city and AARP could support each other's work. Divided We Fail is their national campaign to raise the voices of millions of Americans to promote access to affordable health care and lifetime financial security for all. They are calling for a bipartisan solution to these issues.

"I am proud to be the first Mayor of a major city to sign on to this pledge," said

Mayor Menino. "It is crucial that we provide both adequate financial and physical resources to our aging citizens. They have given so much to us over their lifetime, and now it is our job to protect them."

AARP's current national platform revolves around the concept of "livable communities." They are defined as "a community that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life."

By signing the pledge, Mayor Menino pledges to support legislation that seeks to: 1) provide people with access to affordable health care, 2) strengthen social security, 3) provide greater access to retirement plans and 4) develop policies that ensure that all workers can continue to work, regardless of age.



**Dear Boston Seniority Readers,**

We want to let you know that we are doing our best to make Boston Seniority visually friendly. Boston Seniority staff met with New England Eye to receive feedback and tips on how to improve the quality of the magazine’s appearance for easier reading. You will notice, the font size has been increased and the colors have been changed for better contrast.

Always a work in progress, we hope you will be pleased with the changes and improvements that have been made thus far. Your feedback is valuable to us, if you have any suggestions or would like to comment on these changes please send an e-mail to [Bostonseniority@cityofboston.gov](mailto:Bostonseniority@cityofboston.gov) or give us a call at 617-635-2360.

**Have a great summer!**

**Thank you,  
Boston Seniority Editors**

**“Vision without action is merely a dream. Action without vision just passes the time.  
Vision with action can change the world.”**

**- Joel Barker -**

## **Boston Rolls out BigBelly Cordless Compaction System**



The city of Boston purchased 50 BigBelly Cordless Compaction units as the first phase of an extensive deployment plan under consideration by city officials. The units have been placed throughout the city in selected high-trash, pedestrian-heavy locations to prove the solar-powered compactor’s ability to increase collection capacity, prevent trash can overflows, and ultimately save the city money by reducing the frequency of collection trips required by city personnel. DPW officials describe the system’s benefits: The enclosed bins prevent trash from blowing away or being rifled through, discourage the dumping of household trash, and save money by saving time required to empty the bins and the fuel costs to haul it away.





Mayor Thomas M. Menino  
Commissioner Eliza F. Greenberg

&

*The Elderly Commission*

Invite you to enjoy the  
City of Boston Summer Events  
for more information call the  
Mayor's Office of Arts, Tourism  
and Special Events

Telephone: 617-635-4505  
[www.cityofboston.gov/parks](http://www.cityofboston.gov/parks)





## **Senior Samaritan: Daniel Roman and the Senior Companion Program**

By Matthew Sacchetti

Boston senior Daniel Roman is a hands-on person and has been since his youth in Puerto Rico. After retiring from his job at a local industrial facility, Daniel had no intention of living the leisurely lifestyle of a pensioner. Having been active in volunteer services throughout his life, Daniel wished to apply his skilled hands for the betterment of the local senior community. He found just the opportunity he was looking for with the Senior Companion program at the Parker Hill Fenway Senior Center.

The Senior Companion program is unique in that it provides capable seniors like Daniel the opportunity to assist their peers who need extra assistance to live independently, such as seniors with disabilities or those with terminal illnesses. At the Parker Hill Fenway Senior Center, participants such as Daniel provide both emotional and physical support by assisting with household chores, providing transportation, offering companionship, and simply adding richness to their clients' lives. Daniel's chief duty at the senior center is to stock the pantry but his skill with his hands have enabled him to take on a variety of projects. "One day I noticed the staff discarding an old vacuum cleaner," he says "they just couldn't get it to work. I told them I would tinker with it and by the end of the day I had that vacuum running like new. Since then I've become the handyman of the Senior Center!" When a disabled senior had a stroke it was Daniel who helped acquire and maintain an electric wheelchair for them. He has also helped blinded seniors stay ambulatory by teaching them to see with their hands, mapping the yard at the senior center by touch. Reflecting on the Senior Companion experience, Daniel



says, “We can make life more enjoyable for ourselves and others by helping our neighbors...the power is in our hands”.

The Senior Companion program is flexible and offers volunteers a myriad of opportunities to assist their peers in each Boston neighborhood. Daniel Roman is just one of many local volunteers who

apply their wealth of skills and experience to help enrich the lives of the elderly. Do you know any local seniors who might want to be senior companions? To find out more about the Senior Companion program and other local senior volunteer opportunities please contact Gloria Rice-Stuart 617-635-3987.

## The City of Boston *Elderly Commission* Senior Companion Program



Senior Companion Daniel Roman

**Thanks for making a difference!**

For more information on how you can get involved, please call (617) 635-3987

**“I volunteer because I have the time now and I like knowing that I am making a difference”.**

**- Senior Companion**



By Martha Rios

The Retired Senior Volunteer Program (RSVP) is one of the largest national volunteer programs in the country. In Boston alone, volunteers work in over 60 stations ranging from schools to hospitals. RSVP volunteers devotedly volunteer their free time to help make a difference in the lives of others.

The Sophia Snow House in Roslindale has a group of lovely ladies who meet on Mondays. Cleverly dubbed, the Monday Night Crafters, they united with RSVP two years ago. They are an excellent example of seniors who love to be active and make a difference. Dorothy Vinton began the group as a hobby, thinking only a couple of people would join. When she saw the potential and what they could do to help others she ran with it. They began with supplying the Lemuel Shattuck Hospital with their signature fleece throws in which they manually knot

the edges piece by piece. This special detailing can be time consuming but the time flies by for “The Crafters” who have become a close-knit family, enjoying each others company.

By joining RSVP they were able to expand their generosity by having more contacts and being able to tap into other agencies. They donate beautiful baby clothes and their trademark fleece throws to Crossroads Family Shelter in East Boston. They also make special baskets for young mothers at the Family Nurturing Center. A very creative group the Crafters are currently making costumed dolls with bandages. The bandages are made to match injured children at the Shriners Hospitals for Children. The Crafters are very modest but there are many countless agencies they have helped and raffles they have held to help raise money for their causes.

The Crafters have definitely touched the lives of many with their exquisite crafts and for that we give them a standing ovation.



Thank You!

(Not all members of the Monday Night Crafters are pictured)



# The Elderly Commission

## Volunteers Wanted

### The Retired Senior Volunteer Program



#### **You Can Be an Educational Surrogate Parent**

Are you interested in supporting kids in the community? You can help to solve the puzzle by volunteering to become an important member of the special education team for a student in the custody of the Department of Social Services (DSS). You can piece together their special education program by becoming an Educational Surrogate Parent. Involvement will include collaboration with DSS, the child's school and community providers to ensure the student has access to educational services and supports. Join a *free* training where you will learn about the role of an Educational Surrogate Parent, the special education process, resources in the community and *how you can make a difference in the life of a child!* For additional information and an application, please call 508-792-7679 or visit the website [www.espprogram.org](http://www.espprogram.org).

#### **The Zelma Lacey House of Charlestown**

Would you like to make new friends? Are you willing to help out and share creative thoughts and ideas with others? If you are, please contact Jane Sparrow, the activities

director, at 617-241-0328. There is a range of activities that we need help with. We hope you can join our team!

#### **Horizons for Homeless Children**

Horizons for Homeless Children is seeking volunteers to interact and play with children living in family, teen parent, and domestic violence shelters in Greater Boston. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. A commitment of two hours a week for six months is required. Trainings occur every six to eight weeks. Please call (617) 445-1480 for more information on the PAL volunteer program and upcoming trainings. You can also visit [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org)

#### **West Roxbury VA Hospital**

The West Roxbury VA Hospital offers a unique opportunity to relate to the patients who are veterans with friendly visits, reading and help with letter writing. If interested, please call Fran at 617-635-3988 or Kelley at 617-635-1794.

# Healthy, Wealthy & Wyse

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By Geraldine Wyse R.N.

## Drinking and Your Bones

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), 10 million Americans have osteoporosis, bone thinning disease, that makes bones more susceptible to fractures. Millions more are at risk of osteoporosis because they have low bone mineral density. One half of all women over 50 and one quarter of men will suffer a fracture at some point due to osteoporosis.

Everyone knows that heavy drinking is not good for your body!!! This is true. Heavy alcohol consumption is a known risk factor for osteoporotic fractures and low bone mineral density according to a recent study from Karina Berg, MD, of Montefiore Medical Center and Albert Einstein School of Medicine in New York City also agrees. Her study in the May issue of the American Journal of Medicine is interesting.

A daily drink of alcohol cuts the hip fracture risk and increases bone density.

For women this means one drink a day, for men, it means two drinks a day. If you drink more alcohol, your risk of fracture is much higher or less than one-half drink you are less protected. Why? Dr. Berg says that alcohol's beneficial effects come from the fact that alcohol has an influence on circulating estrogen levels which in turn may improve bone health.

Moderate drinking, particularly wine, has been associated with good health and may have some beneficial effect. Is it because we associate wine with socializing with friends and family???

Did you know that the Federal government has guidelines about alcohol consumption? The government recommends no more than one drink per day for women and two drinks per day for men! You don't drink? There is no need to start!

For more information about alcohol consumption, osteoporosis and you, speak with your doctor. You and your doctor are the best sources for information about what is best for you and your health.

W





**Thank you** to the **XEROX CORPORATION** for the  
32nd Annual Senior Dinner Dance!



**Thank you** to all the sponsors and volunteers for making the  
**Boston Senior Games** a big hit.

AARP MASSACHUSETTS, Boston Teachers Union, Brookline Health Care Center, Caritas Saint Elizabeth's Medical Center, City of Boston Credit Union, ClearChannel Outdoor Advertising, Dunkin Donuts, Evercare, Hebrew SeniorLife, Ironworkers Local Union No.7, Kindred Healthcare, Mount Washington Bank, New England Baptist Hospital, Peabody Resident Services, Inc., Perini Corporation, Philips Lifeline, Senior Whole Health, State Street Development Management Corporation, Tedeschi Food Shops, Inc., The Residences at Snow Place

**Hats off** to Michael McColgan for his dedication and  
hard work for the success of the Boston Senior Games.







## Elder Friendly Districts Make Sense

By Barry Twomey - Project Coordinator Mission Hill Main Streets

The city of Boston has 100,000 older adults. This vital part of the population will double by the year 2024. Nationally 1 in 3 Americans will be over 50 by the year 2010. They spend \$800 billion annually. They buy 25% of all toys, 43% of domestic automobiles, read the most newspapers, spend more at the grocery store per person and make up 42% of overall consumer demand. Attracting this population with good products and services makes good business sense.

The Elder Friendly Business District program is a Boston Main Streets initiative. Elders in Action in Portland Oregon developed the original program. A few years ago former executive director of Mission Hill Main Streets (MHMS) Maggie Cohn developed a pilot program called the Elder Friendly Business District (EFBD). The program

entails recruiting older adults to evaluate local businesses and determine if they are “Elder Friendly”. The businesses that are evaluated have agreed to be assessed and welcome the evaluations. The volunteers are anonymous and go in to the establishment as regular customers and evaluate such things as access by phone, physical access, layout, and customer service. Last summer Stop&Shop, Fuentes Market, Mike’s Donuts and the Building Materials Resource Center were all certified as Elder Friendly by Mission Hill Main Streets at an event at One Brigham Circle.

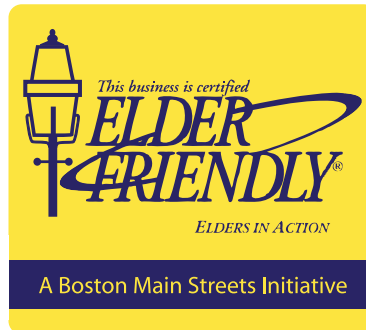
Today Mission Hill Main Streets EFBD volunteers (there are 20) are trained as evaluators by MHMS. They are currently certifying 12 additional businesses. They are all restaurants and have agreed to participate in the program.



Four evaluators will visit the establishment on 4 different occasions, have a meal and make observations. They are not the “Phantom Gourmet” and are not rating the food. They are specifically trained to evaluate the establishment from the eyes of an older adult. They begin by calling the business and assessing the system. Did they get an answering machine; was the person on the other end polite and informative? Is there parking available/public transportation, seating for waiting, is the entry and signage clearly visible, are the aisles wide enough for a wheel chair/walker? Are the restrooms handicapped accessible, clean, neat and well supplied? They also assess floors, stairs, lighting, product location, display shelves, and menu fonts. The final section of the evaluation rates customer service, cashier, host wait staff, customer comments, requests and complaints. Additional comments can be written at length at the end of the form.

Once the evaluations are made the coordinator of the program scores them by averaging them together. The scoring is based on a scale between 1-5. To be certified the business must score at least a 4. Those businesses scoring less than 4 are informed that they didn’t fail but simply didn’t conform to EFBD stringent standards. They are then counseled and given suggestions on bringing up their score. The most common restaurant complaint is music that is too loud,

lighting that is too dim, slow service and menu fonts that are too small to read. The most common suggestion is senior discounts or early bird specials. Most improvements cost little or no money, such as magnifiers for menus and elder sensitivity training for staff.



The Mission Hill Main Streets model has been expanded to Fields Corner, Roslindale, West Roxbury and Hyde Park. The goal of the EFBD program is to insure that older adults get the goods and services they need in a safe, convenient friendly and caring environment. The EFBD program also helps local businesses reach out and tap this growing business opportunity. When a local business becomes elder friendly it becomes a good neighbor and builds a loyal customer base. Elder friendly means consumer friendly in general. The Elder Friendly initiative is a triple win for older citizens, local business, and the community we all live in. Randy, one of our star volunteers put it best, **“Evaluating the stores and restaurants has been a fun learning experience. I have discovered some great places off the beaten path that I otherwise wouldn’t have known about and have become more aware of elder-friendly/accessibility issues in general. Even when I am not formally evaluating, I find myself mentally awarding gold stars to businesses and service people making special efforts to be accommodating”**.

# Free Summer

## **Dorothy Curran Concert Series / Wednesday Evenings 7 p.m. - 9 p.m.**

**July 23** - US Air Force Band of Liberty with Michael Amante

**July 30** - Big Band Night featuring The Harry James Orchestra

**August 6** - Latin Beats featuring the Eguie Castrillo Big Band

**August 13** - US Air Force Band of Liberty with special guest Crystal Gayle

This is the 35th year for the longest running outdoor concert series in Boston City Hall Plaza.

For more information please call (617) 635-4505.

## **Roslindale Summer Concert Series / Adams Park, Roslindale**

**Thursday Evenings 6 p.m.**

**Popular community concert series with local acts. July 17 - July 24 - July 31 - August 7**

## **Gospel Fest / City Hall Plaza, Boston July 20 Sunday 4 p.m. - 8 p.m.**

## **Tito Puente Latin Music / O'Day Playground, South End Thursday Evenings 7 p.m.**

**July 24 - Manolo Mairena / July 31 - Eguie Castrillo & Orchestra**

## **Peace Hip-Hop Festival 2008 City Hall Plaza, Boston August 2 Saturday 4 p.m. - 8 p.m.**

## **National Night Out / Franklin Park Zoo, Boston August 5 Tuesday 5 p.m. - 8 p.m.**

Enjoy free admission to the zoo, family friendly entertainment and food.

## **WODS Oldies In Concert / Hatch Shell, Charles River Esplanade**

**August 16 Saturday 7 p.m. - With KC and the Sunshine Band**

## **Citywide Movie Series / Mayor Menino's Monday Night Movies / Monday Dusk**

**Boston Common - Parkman Bandstand, Boston - For more info call (617) 635-4505.**

**August 4** - The Goonies / **August 11** - Hairspray

**Franklin Park - The Playstead, Dorchester**

**August 18** - Flushed Away

**For more information or a viewing of more events please visit the  
Boston City Calendar at [www.cityofboston.gov/calendar](http://www.cityofboston.gov/calendar)**

# Don't



# Summer Events

The Boston Harbor Hotel  
Summer Soul

Tuesday Evenings 6 p.m. - 10 p.m.

**July 22** - Ray Greene & Innervisions

**July 29** - Soul City

**August 5** - World Premier Band

**August 12** - Soul Sound Revue

**August 19** - Ray Greene &  
Innervisions

**August 26** - World Premier Band

The Boston Harbor Hotel

Summer Swing

Wednesday Evenings 6 p.m. - 10 p.m.

**July 23** - Tribute to Bobby Darin featuring  
Bobbie Vincent

**July 30** - Echoes of Count Basie - the 1930s

**August 6** - Tribute to Gershwin and  
Cole Porter

**August 13** - Tribute to Benny Goodman

**August 20** - Tribute to Sinatra featuring  
Steve Marvin

**August 27** - Eula Lawrence, Boston's First  
Lady of Song

The Boston Harbor Hotel  
Blues Barge

Thursday Evenings 6 p.m. - 10 p.m.

**July 17** - Rick Russell & the Cadillac Horns

**July 24** - Racky Thomas Band

**July 31** - Jeff Pitchell

**August 7** - James Montgomery

**August 14** - Toni Lynn Washington

**August 21** - Chris Stovall Brown with  
Madeleine Hall

**August 28** - Jeff Pitchell

The Boston Harbor Hotel

Movies by Moonlight

Friday Evenings 6 p.m. - 10 p.m.

**July 18** - Some Like It Hot

**July 25** - Harold and Maude

**August 1** - Planet of the Apes

**August 8** - Rio Bravo

**August 15** - Rebecca

**August 22** - The Apartment

**August 29** - The Hustler

# iss o ut



# The Elderly Commission

## 2008 Greater Boston Senior Games

# MEDALS

**Become a Senior Games sponsor contact  
Michael McColgan at 617-635-4168**

### **Basketball Free Throw - Men - U-Mass Finalé, May 17, 2008**

Age	Gold	Silver	Bronze
<b>50-54</b>	Eddie Horn	-----	-----
<b>65-69</b>	Bo Ping Lou	Xin Bao Ji	You Cai Zhou & Ting Chang Wu
<b>70-74</b>	Allan Sneider	Zairie Liu	Andy Chew, Chi Wang Kwok, Qian Xi Zhang & Shan Pei
<b>75-79</b>	Rong Zeng Lin	Tianguang Zhang	Ying Xiang Li
<b>80+</b>	ShaoYing Wu	-----	-----

### **Basketball Free Throw - Women – U-Mass Finalé, May 17, 2008**

Age	Gold	Silver	Bronze
<b>55-59</b>	Charlene Reese	-----	-----
<b>60-64</b>	Feng Ju Zhen	-----	-----
<b>65-69</b>	Yingna Xie	Ling Le	Langing Yu
<b>70-74</b>	Zue Chui	Yixin Fang	Kwok Kin Hang
<b>75-79</b>	Feng Lian Li	Huafang Yu	Shingang Dong



### **Billiards - Men - Boston Bowl, Dorchester, May 16, 2008**

Inter Age Competitors	Gold	Silver	Bronze
	Rocky Kinteris	Foster Bates	Harold Jacobs



### **Bocce - Men and Women - Langone Park, North End, May 15, 2008**

Inter Age Team	Gold	Silver	Bronze
	<b>North End 1</b>	<b>North End 4</b>	<b>North End 3</b>
<b>Member # 1</b>	Angelo Digirolamo	Frank Scala	Tony Penta
<b>Member # 2</b>	Natalie DeMarco	Matteo Norcia	Michele Guarino
<b>Member # 3</b>	Fred White	Ciriaco Soricelli	Frank Ania
<b>Member # 4</b>	Ralph Masciari	Urbano DiPietro	Armando Silano





### Bowling – Men 8:00 a.m. – Boston Bowl, Dorchester, May 16, 2008

Age	Gold	Silver	Bronze
60-64	Vincenzo D'Amato	-----	-----
65-69	John H. Dennis Sr.	Salvatore Ferlito	Anthony Palladino & Paul Tenney
70-74	Wayne Black	Eraldo DeSantis	Jack Luisi
75-79	Joseph Monterisi	Harold Jacobs	John Reilly
80-84	Frank Esposito & Walter Mulloney	Louis Foley	Mario Ignagni



### Bowling - Women 8:00 a.m. - Boston Bowl, Dorchester, May 16, 2008

Age	Gold	Silver	Bronze
60-64	Ellen Jordan	-----	-----
65-69	Helen Davis	Janet Black	Diane Palladino
70-74	Lucille Delano	Joan Cardoza & Faith Fiore	Virginia Luisi
75-79	Helen Mulligan	Alice Horan	Virginia Foley
80-84	Christine MacDonnell	Arline Atwood	Frances Conlon

### Bowling - Men 10:30 a.m. - Boston Bowl, Dorchester, May 16, 2008

Age	Gold	Silver	Bronze
60-64	Chet Lander	-----	-----
65-69	Francis Adamczyk	Sal Marchese	-----
70-74	Paul Dunphy	Bob Joyce	James Marchese
75-79	Joseph Nee	James Derwin	Leo Page
80-84	Robert Heine	Sam Polcari	-----
85-89	Felix Zullo	Salvi Cifri	Anthony Marino
95-99	Roger Gentilhomme	-----	-----



### Bowling - Women 10:30 a.m. - Boston Bowl, Dorchester, May 16, 2008

Age	Gold	Silver	Bronze
50-54	Patricia Griffin	-----	-----
55-59	Charlene Reese	-----	-----
60-64	Judith Adelizzi	Mary Prokop	Clara Lander
65-69	Margaret Hurley	Diana McKeon	Maerine Riggins
70-74	Margaret Woodward	Anne Morad	Anonia Duarte
75-79	Helen Maloney	Barbara McConaghy	Kay Palmer
80-84	Mary Lafferty	Margaret Foley	Laura Kwiatkowski & Dorothy Powell
85-89	Florence Adelizzi	Pat Giordano	-----
90-94	Lillian Sullivan	Grace Giordano	-----

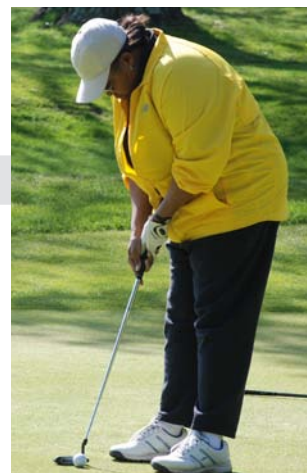


### Golf - Men - Members - Devine Golf Course, May 14, 2008

Age	Gold	Silver	Bronze
50-54	Vincent Easterling	-----	-----
55-59	Patrick Gall	-----	-----
60-64	Arthur Sturdinant	-----	-----
65-69	Isa Smith	Robert Bell & Jerry Haynes, Jr.	Lemuel Mills
70-74	Bob Jones	Rudolph Cabral, Sr	Joseph Roper
75-79	George Jones	Bob Berry	Lloyd Holford
80-84	Wesley Alston	-----	-----
85-89	Leon Jackson	-----	-----

### Golf - Women Members - Devine Golf Course, May 14, 2008

Age	Gold	Silver	Bronze
55-59	Pamela Brothers	-----	-----
60-64	Bonnie Rafuse	-----	-----
70-74	Shirley Johnson	Sally Johnson	-----
75-79	Anna Bissonnette & Carol Hartman	Vera Butler	-----

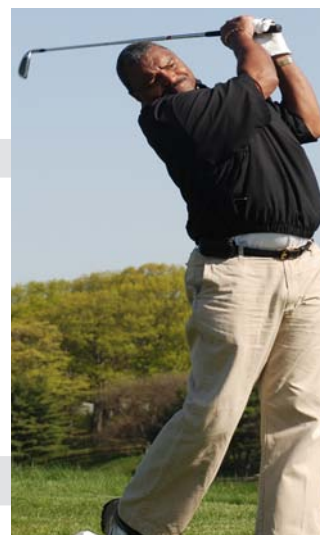


### Golf - Men - Non Members - Devine Golf Course, May 14, 2008

Age	Gold	Silver	Bronze
50-54	Steve O'Donnell	Steven Greco	Mark Sullivan
55-59	David Wright	Earle Garrett	Curtis Jones
60-64	Ernie Green	Bennie Myers	Paul Doherty
65-69	Edward McLaughlin	John Adamchek	Ronnie Robertson
70-74	Edward Roston	William Howell & Clyde Taylor	Tom Murphy
75-79	Tony Cibbotti	Richard Ghelf	Frank Storer
80-84	Joseph MacIssac	-----	-----
90-94	Paul Hasgill	-----	-----

### Golf - Women - Non Members - Devine Golf Course, May 14, 2008

Age	Gold	Silver	Bronze
50-54	Deborah Rice	-----	-----
55-59	Willie Pleasants	-----	-----
60-64	Carolyn Hasgill	Mary Ahern	Donna Townsend
65-69	Reverend Regina Shearer	Ellen Torpey	-----



### Horseshoes - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Zen Yac	Michael Conway	-----
65-69	Bo Ping Luo	Xiu Hua Yu & You Cai Zhou	-----
70-74	Yun Fa Lu	Fu Xue Zhang	Zhihua Li
75-79	Kwok Yim Chiu	Zude Wang	Harold Jacobs



## Horseshoes - Women U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Charlene Reese	-----	-----
60-64	Xiang Chen	Nian Xiu Gong	-----
65-69	Francine Feeney	Lan Ying Yu & Yingna Xiu	Jingli Sun & Xiuhua Yu
70-74	JinRong Li & Youjhen Chen	Qing Ru Liu, Qiang Shi, Chun Fu Zhag & Shuffen Wang	-----
75-79	Shiying Dong & Joan Porter	Yeyung Chen & Feng Lian Li	-----



## Softball Throw - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
50-54	Eddie Horn	-----	-----
55-59	Michael Conway	-----	-----
60-64	Xue Zheng Yon	Hua Quan Liu	Xue Zheng Yan
65-69	Boping Luo & Xin Bao Ji	You Cai Zhou	Jin Zhou
70-74	Zhi Hua Li	Yandao Jiang	Allen Sneider
75-79	Tian Guang Zhang	Rong Zeng Lin	Harold Jacobs
80-84	Sha Ying Wu	Yiu Wai Chiu	



## Softball Throw - Women U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Charlene Reese	-----	-----
60-64	Carolyn Barnes	Ju Zhen Feng	Chen Xiang Chen
65-69	Ye Feng Liu	Yue Zhen Liu	Francine Feeney & Shuzebn Yuan
70-74	Zhoa Anfang	Jing Yuan Lui	Shigiancy Yang & Cuie Zhu
75-79	Feng Lian Li	Huafeung Ya	Shinnying Dong

## Swimming Breast Stroke 100M - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Mingjie Song	-----	-----
65-69	Nathanael Pegues	Kim Sit	Liam Shun Zhang
70-74	Xi Qing Liu	Yun Wang Zi	-----
80-84	Hoi Wong	Shahan Li	James Li



## Swimming Breast Stroke 100 M - Women U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
60-64	Shu Zhi Tang	-----	-----
70-74	Joy Di	Zhaolan Tang	-----

## Swimming Breast Stroke 50 M - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Mingjie Song	-----	-----
65-69	Liam Shun Zhang	Kim Sit	Kai Chang Wang

### Swimming Breast Stroke 50 M - Men U-Mass Finalé, May 17, 2008

<b>70-74</b>	Xi Liu	Wan Art Hu	Yun Xie
<b>75-79</b>	Hoi Wong	-----	-----
<b>85-89</b>	Xue Li	-----	-----

### Swimming Breast Stroke 50 M - Women U-Mass Finalé, May 17, 2008

<b>Age</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>60-67</b>	Lin Wang	Shu Zhi Tang	-----
<b>70-74</b>	Zhaolan Tang	Joy Di	Mojah Hu
<b>75-79</b>	Xiu Yun Liu	-----	-----
<b>80-84</b>	Hsia Fai Chang	-----	-----



### Swimming Freestyle 100 M - Men U-Mass Finalé, May 17, 2008

<b>Age</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>55-59</b>	Mingjie Song	-----	-----
<b>65-69</b>	Liam Shun Zhang	Nathanael Pegues	Kim Sit
<b>70-74</b>	Xi Qing Liu	-----	-----

### Swimming Freestyle 100 M - Women U-Mass Finalé, May 17, 2008

<b>Age</b>	<b>Gold</b>
<b>60-64</b>	Lin Wang
<b>65-69</b>	Shu Zhi Tang
<b>70-74</b>	Zhaolan Tang



### Swimming Freestyle 50 M - Men U-Mass Finalé, May 17, 2008

<b>Age</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>55-59</b>	Mingjie Song	-----	-----
<b>65-69</b>	Xiu Liu	Liam Zhang	Nathanael Pegues
<b>70-74</b>	Wenyi Deng	-----	-----
<b>80-84</b>	He Yun Wong	-----	-----
<b>85-89</b>	Xue Li	-----	-----

### Swimming Freestyle 50 M - Women U-Mass Finalé, May 17, 2008

<b>Age</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>60-64</b>	Lin Wang	Shighi Teng	-----
<b>65-69</b>	Shu Zhi Tang	-----	-----
<b>70-74</b>	Joy Di	Zhaolan Tang	Lorelei Ruben
<b>75-79</b>	Xui Yun Liu	-----	-----
<b>80-84</b>	Hsia Fai Chang	-----	-----



### Tennis Doubles - Men at Sportsmen's Tennis Club, May 14, 2008

<b>Mixed Ages</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>Player</b>	James Kilgore	Conway Hayes	Peter Loecointhon
<b>Player</b>	Tim Wright	Joe Taylor	-----



### Tennis Singles - Men at Sportsmen's Tennis Club, May 14, 2008

Age	Gold	Silver	Bronze
50-54	Bruce Marks	Jimmie Hite	Roger Li

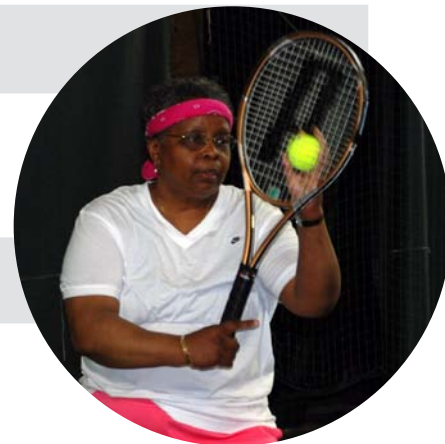
### Tennis Doubles - Women at Sportsmen's Tennis Club, May 14, 2008

Mixed Ages Player Player	Gold	Silver	Bronze
	Diana Roberts	Christine Carlsen	-----
	Regina Wright	Cecilia Joseph	-----



### Tennis Singles - Women at Sportsmen's Tennis Club, May 14, 2008

Mixed Ages Player	Gold	Silver	Bronze
	Morissa Piozzi	-----	-----



### Tennis Singles - Men at Sportsmen's Tennis Club, May 14, 2008

Mixed Ages Player	Gold	Silver	Bronze
	Roger Gentilhomme	Raymond Green	-----

### 3 on 3 Half Court Basketball - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
60-64 (Two teams tied for Silver)	<b>Team Berkshire</b> Bob Barton Ed Cole Peter Haviland Bob O'Neil	<b>Over the Hill II</b> Ron Francesone Frank Ma John McShea Mark Reynolds Tom Tower Jim Viola  <b>Bennett &amp; Walsh</b> William Barbieri Doug Fisher Bob Mukanan Jack Walsh Jim Walsh	-----
65-69	<b>Finn's Law</b> Gordan Gibson Stephen McCracken Robert Michel Robert Sansone	<b>Phantom Farm RI</b> Bob Brown Raymond Carroll Jr. John Hunt Allen Sneider	<b>Young Associates</b> Michael Akstin John Kjellman Frank Monette Jay Taylor Conrad Young



### 3 on 3 Half Court Basketball - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
70+	<b>Boston Generals</b> Neil MacNevin Tom McElroy Bill Murphy Phil Powell	<b>Colonials</b> Harold Bernard Alfred DeBrave Charles Holse William O'Leary Edward Power Delabarre Sullivan	-----



### Track 800 Meters - Men U-Mass Finalé, May 17, 2008

Age	Gold
55-59	Carroll Blake

### Track 800 Meters - Women U-Mass Finalé, May 17, 2008

Age	Gold
65-69	Karen Wepsic



### Track 400 Meters - Men U-Mass Finalé, May 17, 2008

Age	Gold
55-59	Carroll Blake
65-69	James Marcellino

### Track 400 Meters - Women U-Mass Finalé, May 17, 2008

Age	Gold
65-69	Karen Wepsic



### Track 100 Meters - Men U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
55-59	Carroll Blake	Michael Conway	-----
65-69	James Marcellino	Bo Ping Luo	-----

### Track 100 Meters - Women U-Mass Finalé, May 17, 2008

Age	Gold	Silver	Bronze
60-64	Ju Zeng Feng	-----	-----
65-69	Lan Yian Yu	Karen Wepsic	Quenh Vinh
70-74	Dolores Hufnagel	Feng Lian Li	-----







# Congratulations, Senior Games Participants!

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Laurel Ridge Rehab and Nursing Center, Jamaica Plain  
Newton & Wellesley Alzheimer's Center, Wellesley  
Presentation Nursing and Rehab Center, Brighton  
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# EAT Healthy

## Peanut Noodles with Shredded Chicken & Vegetables

### Ingredients:

- 1 pound boneless, skinless chicken breasts
- ½ cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1 ½ teaspoons chile-garlic sauce, or to taste (see Ingredient note)
- 1 teaspoon minced fresh ginger
- 8 ounces whole-wheat spaghetti
- 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas\*

### Instructions:

Put a large pot of water on to boil for cooking pasta.

Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.

Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

**Tips:** Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

**Ingredient Note:** Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.

\*If using frozen vegetable medley adjust the cooking time when mixed with the pasta.

Serves 6, 1 1/2 cups each



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# **Tips for Seniors: Stay Cool During Hot, Humid Weather**

Here are a few tips for enjoying the summer weather while keeping comfortable and safe:

## **Keeping Cool**

### **1. Clothes**

- a. Wear light colors and light materials such as linen and cotton  
(Materials such as rayon and polyester tend to trap heat close to the skin)
- b. Wear loose fitting clothing
- c. Wear a hat with a wide brim to protect the face

### **2. Home**

- a. Stay indoors during extremely hot weather
- b. Lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon in order to keep your home or apartment as cool as possible  
(Use a fan in the rooms where the windows are covered)
- c. If you do not have air conditioning in your home, go to your local mall, movie theater or library in order to stay cool

### **3. Outdoors**

- a. Wear sunscreen SPF (Sun Protection Factor) of 30 or higher
- b. Take an umbrella to block the sun
- c. Schedule outdoor activities before 10am or after 6pm when the temperature is lower
- d. Avoid strenuous activity
- e. If you are outside, take frequent breaks in shaded area
- f. Avoid crowded places

## **Keeping Hydrated**

### **1. Fluids**

- a. The best liquid to drink during hot, humid days is water  
(Drink plenty of water, even if you are not thirsty, in order to stay hydrated)
- b. Avoid drinks with caffeine
- c. Avoid alcoholic beverages which will dehydrate your body
- d. Drink sports drinks that have the added minerals that your body loses when it sweats

### **2. Food**

- a. Keep frozen treats such as ice cream and popsicles in the freezer that can help you keep cool during hot weather
- b. Eat cold foods such as sandwiches and salads



- c. Fresh fruits and vegetables are also another way to keep hydrated

## **Keeping Safe**

### **1. Buddy System**

- a. Make sure that you have someone to check on you to make sure that you are well

### **2. Using Common Sense**

- a. Avoid long walks, particularly during noon-3pm, when the sun is at its peak
- b. Pay attention to weather reports
- c. Contact your doctor if you are taking several drugs for a number of health problems because these may make it harder for your body to keep cool through perspiration (A few examples would be diuretics, sedatives, tranquilizers, and also some heart and blood pressure medicines)

**To find a cooling site near you during a “Heat Emergency” contact:**

**Elderly Commission 617-635-4366  
Monday - Friday / 8:30 a.m. - 5:00 p.m.**

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# Spanish Immersion



Every year, students struggle through language classes and adults travel across the globe in search of language immersion, often at a high cost. But what if students could improve their grades and adults could get the same immersion experience in the comfort of your own community? Started May 12, the Spanish Immersion program offers the opportunity to learn, practice, remember or improve your Spanish speaking skills through interesting conversations with native people from Spanish speaking countries, all without leaving the area.

The Spanish Immersion program seeks to connect otherwise isolated Spanish speaking seniors with students and other Spanish learners to improve their oral and interactive skills. Latin American seniors aged 55 and up, will be in charge of conversational sessions which provide unique opportunities to learn about other cultures and experiences. While this has a clear benefit to the students, there are additional benefits to the seniors.

A large number of elderly in the Greater Boston area suffer from isolation,

loneliness, and depression. This can be magnified when your primary language is not English. This program not only incorporates an educational element but also addresses a social need so critical to our area. While students and adults improve their oral and interactive skills, the seniors can also earn a modest supplement to their typically low incomes and obtain the personal interaction and contact so necessary to a good quality of life.

Classes are held in Jamaica Plain at the Nate Smith House on 155 Lamartine St. and Julia Martin House on 90 Bickford St. A new site has been opened at the Brookline Senior Center on 93 Winchester St. which offers conversational sessions from Monday through Friday 9:00 a.m.-5:00 p.m. In addition we have a new project where group conversational sessions are being held at the Egleston Square Public Library on Wednesday evenings.

For more information visit  
[www.spanishimmersionjamaicaplain.org](http://www.spanishimmersionjamaicaplain.org)  
or contact Giovanna Tapia,  
Program Manager at 617-953-7016



## Congratulations to the Celtics!!

By Jonathan Lippert

Boston Celtics, champions of basketball. Since the 1950's, the words "Boston Celtics" were synonymous with success. The hometown Celtics are the most successful basketball team in the history of the National Basketball Association, having won 16 championships between 1957 and 1986, featuring great players like Bob Cousy, John Havlicek, Dave Cowens and Bill Russell. But for at least two decades until this year, talk of any great Celtics team has been an exercise in nostalgia, since it's been twenty-two years since the young men in the green and white uniforms delivered a championship to their proud fans.

The Celtics championship drought ended this year. And how fitting that it came against the team's most storied rival, the Los Angeles Lakers. The Celtics have faced the Lakers in the finals ten separate times, more than any other team in basketball has even played

in these finals at all, regardless of opponent. Many will remember the legendary grudge matches pitting the flashy "Showtime" Lakers teams led by Magic Johnson, along with future hall-of-famers Kareem Abdul Jabbar and James Worthy, against the outstanding Celtics teams of Larry Bird, Kevin McHale and Robert Parrish.

In recent seasons, the Celtics featured all-star Paul Pierce, but basketball is a team sport and Boston hadn't been able to assemble an entire team around Pierce good enough to compete with the very best teams in basketball. But that changed in a big way this season when the Celtics acquired one of the great big men in the sport, Kevin Garnett, as well as perhaps the best pure shooter of recent years, Ray Allen. Combined with a good young supporting cast of players, the Celtics immediately became again one of the best teams in the entire league.

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## Golf

By John H O'Neill III

Golf is a very enjoyable game that is played all over the world. Many people have become famous through golf tournaments. A few names that come to mind are Jack Nicklaus, Ben Hogan, and Tiger Woods.

In order to play a nice round of golf, much practice is required. It seems to be similar to learning to play the piano, in the sense that much time must be spent on learning the fundamentals. Learning the piano requires practicing scales; learning golf requires practicing golf swings, distance shooting, using irons and using woods. Discipline and patience is important on the golf course. When

players go from the tee to the green, they wait their turn, while players ahead of them finish.

Playing golf can be good exercise since walking around the golf-course is beneficial. Practicing golf can also help relieve stress especially on a sunny day, when playing on the golf course is most enjoyable.

There are different types of golf courses with most having eighteen holes, which is typical but some courses only have nine holes. Many golf courses are private, but others are public for all to enjoy. Now that the warm weather is here, people have a chance to get outside and try something new.

# The Sun Shines Down at the Grand Opening of A New Elder Day Health Center

By Mélida Arredondo



more than 100 people came to the grand opening including community leaders, elders and their family members.

The celebration featured the official ribbon cutting by the administrative team of the Elder Service Plan, Senator Diane Wilkerson, members of the board of directors and Ed Grimes. A dedication was made in honor of Alex Fried, nurse practitioner and longtime employee of the Upham's Elder Service plan, with a plaque in the Day Room to commemorate his dedication to patient care. After that, music from *A Besere Velt*, a Yiddish choir that is part of the Brookline Worker's Circle, and *Note-A-Fy*, a completely student-run, female a cappella singing group from Brookline High filled the air.

Saturday, April 26, 2008 marked the grand opening of the new PACE Elder Day Health Center at 36 Dearborn Street in Roxbury - close to Dudley Square. The day was picture perfect, the sun shone brightly; a blue and white balloon arch waved in the breeze; even the flowers decided to open in anticipation of this long awaited BIG day.

Edward Grimes, Chief Executive Officer, and Adam Burrows, MD, Medical Director set the stage by thanking the many individuals involved in the creation of the 36 Dearborn Street site. The Upham's Corner Health Committee, Carol Rodman, Special Projects Director for the Upham's Corner Health Center, and countless staff spent close to twelve years in securing this second site for the PACE facility and

Diane Wilkerson summed up the day by recognizing that "elder health care needs continue to be great and growing. This new facility located in the heart of Roxbury will go a long way in aiding not just seniors but also their families." Senator Wilkerson also recognized Ed Grimes as someone "who continues to work hard to bring quality healthcare to the people of Boston." This is the very mission of the Upham's Corner Health Committee: to provide healthcare to all.

This state-of-the-art facility features over 19,000 square feet of space for social



activities, meals, personal care, as well as a full range of clinical services, including primary medical care, social services, nursing, support services, home health and rehabilitation therapies. The newly expanded space emphasizes rehabilitation and programming to include those with cognitive limitations.

Current members of the Elder Service Plan PACE Center include Puerto Rico, Dominican Republic, Cape Verde, Haiti and the United States. Half of the elders are African American. Many Elder Service

Plan personnel are multilingual and able to communicate with participants in their native languages. With the addition of the new site, the Upham's Elder Service Plan will be able to serve over 300 vulnerable elders, enabling them to live at home and provide needed support to their caregivers.

For Upham's Elder Service Plan enrollment information, please call Maria Barbosa-Freire at 617-288-0970, extension 16.



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For more information please contact:

Deputy Commissioner Kathleen Giordano

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## The Elderly Commission

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# GOLF? ASK THE THERAPIST

By Carol Pietromonaco, PTMBA

## Question:

**I am a 60 year-old, and I am excited to begin golfing again. I thought it might be a good idea to get some tips on improving my golf game and preventing injuries this season. What stretches or exercises might you recommend for an avid golfer like myself? After a full game of golf, I frequently experience left hip and low back pain. What exercises are a must to avoid/ prevent low back and hip injuries this season?**

**Thanks, Ready to golf in Boston**

Dear Ready to golf in Boston,  
**Anatomy**

Much like any sport specific conditioning program, the first thing to explore is which muscles are primarily involved in the sport. During a golf swing, muscle force generates club head speed. Club head speed is what propels the ball. There are several muscle groups involved for this action to occur.

“Your swing is initiated with the shoulders and hips rotating away from the ball. The chest muscles aid in moving the club in-ward. Your abdominals and back muscles rotate your body while swinging the club. Your forearms and wrist engage

to keep the club in position. The rotator cuff (shoulder) muscles work to stabilize the shoulder girdle and turn with the shoulders and arms. The hamstrings and hip muscles assist in rotating the hip during the backswing. Your shoulder, arm, and upper back strength are crucial in the takeaway, the downswing, the follow-through, and the short game.”

## Low back injuries

As a result of this rotation, many golfers develop something called “piriformis syndrome”. The Piriformis is the muscle located in your hip and buttock often creating pain in your low back. It rotates your hip during the golf swing. “You may experience this pain if during the swing phase: your thigh bone is swung too far back (hip joint hyper-extension); you may also be pointing your knee too far outward (hip joint lateral rotation) or your thigh bone is swung too far out to the side (hip joint abduction).”

Often when one corrects this movement pattern, the pain will resolve. The most important correction is to keep the knee bent. You may also perform hip flexor and piriformis stretches to improve this condition.

A simple HIP FLEXOR STRETCH is to lie with legs extended on your bed. Draw your left knee into your chest and push your right knee into the bed. Feel the stretch in the front of your left hip. Hold for 30 seconds, repeat twice.

A simple PIRIFORMIS STRETCH involves sitting upright, again on your bed, with legs extended in front of you. Take your right foot and place it over your left thigh. Pull your right knee towards your left shoulder and feel the stretch in your right buttock. Hold for 30 seconds, repeat twice.

Piriformis syndrome can also be caused by weak gluteal muscles. Strengthening the buttock is also helpful in minimizing this condition.

A simple exercise is performing a BRIDGE. Lie flat on your bed. Bend both knees to a 45 degree angle. Place your hand along your side. Rest your head. Squeeze your buttocks and raise your pelvis off the bed about 1 inch. Hold 4 sec. Repeat 10 times.

The lower back itself is a source of pain for many golfers. The twisting of the back during the



downswing and follow-through can cause a repetitive strain on your low back. Even in a properly executed golf swing, if the low back muscles are weak, the discs are susceptible to strain and injury.

Stretching before and after a game will help to prevent low back injuries. Here are three simple stretches one can do to prepare for a day of golf.

**TRUNK ROTATION** Lying on your bed bend both knees to a 45 degree angle. Place arms out in a “ T ” position. Allow both bent knees to fall to your right side. Hold the stretch and relax. Allow both bent knees to fall to your left side. Hold for 30 seconds, repeat twice.

**HAMSTRING STRETCH** Lie flat on your back (on your bed) with legs extended. Raise one leg and grasp your thigh with both hands, while keeping the knee extended and your other leg flat. To increase the stretch,

pull the leg toward your chest. Hold the stretch and relax. Exhale while you slowly release the stretch and repeat with the other leg. Hold for 30 seconds, repeat twice.

**KNEE TO CHEST** Lying flat with both legs extended draw a single knee into your chest holding it under your thigh. Repeat with opposite leg. Try drawing in both knees to chest together.

Even Tiger Woods practices Pilates, a regime of core strengthening exercises, to improve his game. Strengthening your abdominals, back and buttock muscles is also very important.

In conclusion, to improve your game you must combine an exercise program of flexibility and strength for your shoulders, forearms, core, and legs. It is also important to incorporate a mild cardiovascular routine such as a brisk walk.

Thank you for your question. I hope this helped.

Carol Pietromonaco, Physical Therapist

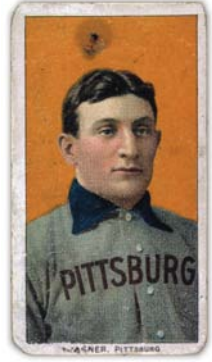
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### **About the Author:**

Carol Pietromonaco graduated from McGill University, Montreal, Canada, in 1996 with a degree in Physical Therapy. She has been practicing in Massachusetts for 11 years. She has experience in a variety of settings from acute care to outpatient orthopedics. She specializes in spine care, incorporating Yoga and Pilates in her practice. She speaks English, French and Italian. She received her MBA from Babson College in 2005. She is currently the primary treating therapist & Clinic Manager at N.E. Physical Therapy Plus Inc.'s Quincy location. N.E. Physical Therapy Plus Inc. has seven locations in the greater Boston area. Carol is happy to answer any health, injury or Physical Therapy related questions you may have. Please email Carol your questions at [contact@neptplus.com](mailto:contact@neptplus.com) or [cpietromonaco@neptplus.com](mailto:cpietromonaco@neptplus.com)

For further information call 800.428.2224 or find other articles written by Carol and more about her education and experience, online at [www.neptplus.com](http://www.neptplus.com)



## BASEBALL'S TRAVELING ROADSHOW

By Mike Flynn

The game of baseball, which since 1856 has been called our National Pastime, (although probably more people pass time watching football) mirrors America's complexities, its changing attitudes, different backgrounds and even religious and ethnic differences. All of this is on display this summer in the spectacular "Baseball as America" at Boston's Museum of Science. Organized by the National Baseball Hall of Fame and Museum in Cooperstown, New York, the Smithsonian of the sport, this exhibit has traveled to over a dozen cities and is now in Boston on its final stop.

At the ribbon cutting opening this June were six members of the Hall of Fame: Dennis Eckersley, Wade Boggs, Carl Yastrzemski, Bobby Doerr, Carlton Fisk and Eddie Murray of the Baltimore Orioles. To consider that in the 135 years of baseball and the tens of thousands who have played the game, it is astounding to know that only 199 have been enshrined and to have six of them at one place outside of Cooperstown is extraordinary. Peter Gammons, the outstanding sports reporter, told those gathered how the game is also a social history of the United States and how the late Speaker of the House Tip O'Neil once told him that greatness is not accidental. He also told an anecdote about each player. What stood out for him was not Fisk's famous sixth game homer, but

when he was in the hospital with a knee so damaged no one thought he would play again. Fisk went on to catch more games than anyone in history. Determination. When the press was hounding a bench player for an error that cost a game against the Yankees, Eckersley stepped in and told the reporters the blame lay with him. He gave up the runs. Leave the kid alone. Accountability. Many knew Boggs could hit. Few thought he could play third base. Every day at Pawtucket he would practice the same drill for hours and proved every one wrong. Perseverance. Murray always practiced at winning and Yaz was and still is the toughest man he knows. Five examples of the way to Cooperstown. Gammons also realizes how fortunate he has been. He knows many would like to be in his shoes.

The Chairman of the Board of the Hall of Fame, Jane Forbes Clark said "Baseball and America have grown up together. In fact, the game is such an integral part of our culture that we often take for granted its day to day significance in our lives. In bringing this exhibit across the country, it is our hope that we can learn more about ourselves as a people who possess a shared set of values, as reflected in our national game."

This is not just rhetoric she is spouting. This exhibit is a history lesson. Some of it is very moving. New York fireman Vin Mavaro found a baseball in the rubble of 9-11 and wrote a letter to the balls manufacturer. Both are in a case along with the Arizona Diamondbacks hat Curt Schilling wore after the attacks on which he inscribed "God Bless America". Jackie Robinson's story is



also a microcosm of what was happening country wide. There is also a jaw dropping racist letter written (actually printed and spelled so badly a translation is needed) to Hank Aaron during his 1974 run at Babe Ruth's home run record. The Women's Professional Baseball League goes hand in hand with the many Rosie the Riveter tales. Roberto Clemente and the influx of Latino players coincide with the immigration of thousands from the islands and Central America. None of this is lost on the curators of this exhibit.

But there are also many fun things. Yaz bread is not here but wait until you see what some of past players endorsements were. There are stories from fans filmed prior to the opening. Ted Kennedy waxing nostalgic for the 1967 Sox and Keith Lockhart never thinking about music, just playing short stop for the Mets, are but two of many. Here also is the world's most valuable baseball card: the 1909 Honus Wagner encased in glass that must have come from Fort Knox. Because this is Boston, many mementos from the Sox have been added: Curt Schilling's bloody sock, the final out baseball from the 2004 World Series, Manny Ramirez's batting helmet he wore for his 500<sup>th</sup> home run.

There are over 500 items on display here and to see it all takes time, but as Gammons said "It makes you feel 15 all over again." It is hard to believe that it is only 6 percent of what is housed at Cooperstown.

Something that is the most fun has been added to this leg of the tour: the Home Plate Baseball Lab. Since this exhibit is at the Museum of Science, the

science of baseball is perfect. Dr. James Sherwood, Director of Baseball Research at Umass-Lowell was asked by Major League baseball in the 90s to look into why so many home runs were being hit. Was the ball juiced? After the research he told M.L.B. to look elsewhere. Hence the steroid scandal. But this is also an interactive exhibit. You can learn the grips of different pitches, wind up and deliver in the pitching cage. But by far the most exciting is the batting cage where the ball is delivered at 95 miles per hour and you push a button on the outside to see if you made contact. At the rear of the cage is a thick sheet of Plexiglas with a catchers mask imbedded into it. Stick your face in and see what Jason Varitek sees when Jonathan Papelbon's fast ball is coming at him. Yikes!

Wade Boggs was asked what was so special about this exhibit. "It gives kids who may never get to Cooperstown a sense of what can be. Maybe a light at the end of the tunnel for every Little Leaguers dream. One of the perks to being in the Hall is I get to go down the basement in Cooperstown where all the stuff is stored. I brought my dad. When we were able to hold Ty Cobb's glove it brought us both back." If Wade Boggs can feel it, think of what it can do to you. Wanna be 15 again?

"Baseball as America" will be at Boston's Museum of Science until September 1. Don't miss this one.





Author Marion LeCain



Mayor Menino joined Boston Post Master James Holland (left) and Ron Della Chiesa, host of Strictly Sinatra radio show on 99.1FM, at City Hall to unveil the official USPS Frank Sinatra Stamp.



Long time friends Marie Napier (left) and Lois Newsome chit chat about their memoirs.



Commissioner Eliza Greenberg with May Employee of the Month Richard Morrison.



The Fantastic Four playing golf at the Senior Games in Franklin Park.



Dorchester House Seniors (left to right) Rosemary Hersey, Jeannette McNalley and Connie Rose.





Earl Faulk (left) talks about his memoirs with Michelle Seaton.



Alfreda Harris receives the African American Lifetime Achievement Award from Mayor Menino.



Beverly Gibbons (center) and her friends from Charlestown lean in for a picture.



Cute couple:  
Carol and Francis Emmett



Jennifer Davis of Hebrew SeniorLife, Bronze Sponsor addresses the crowd as mother Vanessa and daughter Koinonia Wilson-Howard prepare for warm-up stretches for the Keep Moving Walk.



Annie Fields with her writing coach going over the last details of her memoir.





Diane Web (left) and Saafa Abdal-Khallaq at the Xerox party.



The Games Silver Medal Sponsor, Kindred Healthcare, is represented at the Golf Tournament by Theresa Tempesta (left), Steve Greco (also a medal recipient) and Jennifer L. Faria.



June Employee of the Month Jane Boyer with Commissioner Greenberg.



Born Before Plastic authors Peg Foley (left) and Mary Dorion at the South Boston Library.



Marsha Colbert reminisces over her memoirs.



Checking out the Bocce Tournament in the North End.





Dotty Lewis (right) talking to Kerrie about a picture regarding her memoirs.



Mayor Menino and Valerie Foxx from the United States Post Office unveil the Charles W. Chesnutt stamp.



Claude Gentilhomme (left) with his 98 year old father Roger who won Gold Medals in Tennis and Bowling.



Holding on tight.



Senior Games  
Bowling Champs





Jenna Fitzgerald (right), with her daughter Nina Hayes and her granddaughter Maeve Elizabeth Corbitt.



Harold Jacobs focuses on getting his shot.



Author Mary Kane talks about her memoir.



A magician performs at the Mission Hill Main Streets Event at One Brigham Circle.



Alfreda proudly poses with her award surrounded by loving family and friends.





Willie Pleasants (left), Shirley Johnson and Deborah Price are ready to tee off.



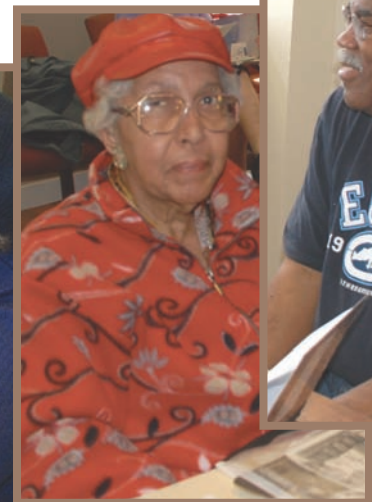
During the Bocce tournament Mayor Menino concentrates on getting his ball near the pallino.



Carmela Pearce and Helen Mulligan get the Xerox Party Started.



Carol Hartman with Sandy Albright.



Upcoming Mattapan memoir authors working diligently putting together their life stories.



**In Tribute To  
Edward Moore Kennedy  
By: Betty Craig**

**Too young he learned how life can rend  
A gentle heart no love can mend!  
Irish roots of pain, despair,  
Long instilled the need to care.  
Active faith, determined, strong,  
Lifts the weak and fights the wrong;  
Hears above the roiling sea  
Little voices, you and me;  
Makes a stand while other flee,  
Runs his race to victory!  
Youngest brother, seasoned, wise,  
sees such misery with his eyes!  
Now he does the whole world scan.  
Youngest brother, grown to man;  
Now he speaks, and all men hear,  
For those who live in pain and fear,  
Write laws that help the poor survive,  
And, too, their basic rights revive!**

**He did not pull, in seas remote,  
Buddies on a U.S. PT boat,  
But in this world so fraught with greed  
He fights for common human need!**